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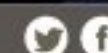
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metroNEWS



TUESDAY, JUNE 28, 2016

High 25°C/Low 11°C Scattered showers



Hero
Benjamin William
Chevy Noah

Liam

Lucas Ethan
West Logan Oliver
Wisdom
Sky-light Mason

Arizona
Patience
Avery Winter
Sophia
Ella Emily
Ava

Olivia

Chloe
Abigail
Emma
Unity

The baby names that topped the list in a
record-breaking year for Alberta

metroNEWS

Council votes unanimously for tax freeze

MUNICIPALITY

Rainy-day fund
to provide 1.5%
rebate in 2017
to homeowners



Brodie
Thomas
Metro | Calgary

If you get a City of Calgary tax bill next June, it should look a lot like the bill you received this June.

City councillors voted unanimously to freeze taxes, in a roundabout way.

Tax rates will go up by 1.5 per cent, but homeowners will get a 1.5 per cent rebate courtesy of the city's Fiscal Stability Reserve (better known as the rainy-day fund).

Coun. Druh Farrell noted it was the first time she had supported a tax freeze but she

cautioned it only applies to the city's portion.

The provincial government also collects a portion of residential property tax, and it could always raise its share.

Mayor Naheed Nenshi said the rebate will cause what's known as a bow wave, meaning the one-time money to affect a freeze will have to be made up next year.

"The bow wave is quite small — lower than our usual annual operating surplus. So I'm comfortable we'll be able to find that money in 2018 or continue the one-time rebate in 2018 or until a point the economy recovers," he said.

To get to zero, councillors agreed to administration's "first round" of service cuts on minor things. Nenshi said there should be no job cuts — only attrition — and service cuts such as less mowing at little-used parks or smaller growth in the hours of Calgary Transit.

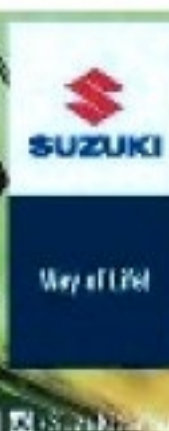


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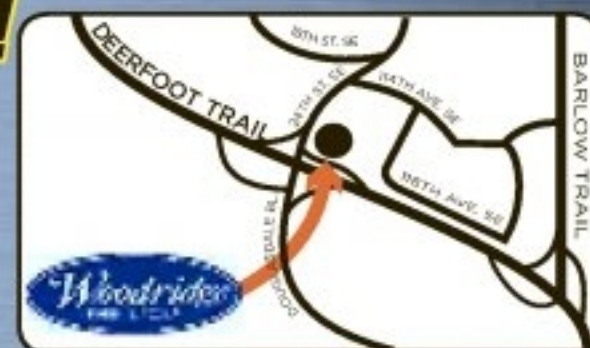
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Dog owners spot issue at park

BELTLINE

Gates not secure enough, they report



Helen Pike
Metro | Calgary

Calgary's newest off-leash park in the city's core has hit a snag — in that it's not able to snag pups who want to bolt.

The Beltline park, which opened at the beginning of the month, is generating concern among some dog owners because of the way the gates are designed. According to Cody Wildgust, there's enough clearance underneath for smaller pooches to squeeze by.

And it's happened to him. "I've seen it personally with other people's dogs three times, and last week our dog got spooked when she was in the park, and she bolted straight for the gates," Wildgust said.

"It's no problem for a medium- or small-sized dog to crawl under the gates, and then they're just out on the streets with no leash on."

Wildgust had to chase his dog down the street, and said she was almost run over as a truck rolled down the street.

"It's kind of scary," Wildgust said.

This off-leash area was put up to many people's excitement in Connaught Park — at the corner of 11 Street and 14 Avenue SW.

This is a neighbourhood with plenty of dogs that now don't have to hop into their cars for



This is the gate at Calgary's newest inner-city off-leash park. There's a small clearance at the bottom dogs have been able to squeeze beneath to leave the park. HELEN PIKE/METRO

a good run.

But that's not much reprieve anymore for Wildgust, who said he can't bring his dog there anymore.

"When we heard there was a dog park nearing opening we were really excited about it," Wildgust said.

"It's really handy to be able to let them off-leash; our dog is

a rescue and she's not comfortable on the leash."

He said he's frustrated the

city opened the park without considering dog safety in the design.



It's no problem for a medium- or small-sized dog to crawl under the gates, and then they're just out on the streets with no leash.

Cody Wildgust

Wildgust put in a 311 request about the issue, and hasn't heard back on the matter.

When he checked back, his ticket had been closed.

A spokeswoman with the City of Calgary said they've received at least two complaints about the dog park so far, and are sending someone to fix it this week.

PET SERVICE

GoFetch app comes to town



Brodie Thomas
Metro | Calgary

Need to take Fido for a walk, but you're stuck working late at the office? There's an app for that.

A Vancouver company is launching the Uber for dog walking in Calgary this week. GoFetch is an app and online community (gofetch.ca) that matches dog owners with dog-walkers.

Co-creator Wilson Cross said after finding success in Vancouver and other B.C. cities, they'd been hearing demand from Calgary and Edmonton.

"We've actually seen over 100 emails come in just through our website asking if we'd ever be launching in Calgary," he said.

He said the company's primary users are young, busy professionals, so they felt Calgary would be a logical step. They have 80 walkers signed up here already.

Dog owners pay nothing to use the app — they only pay the dog walker. Walkers pay \$5.99 a month to have their information listed.

"They set their own price. They take home 100 per cent of what they make," said Cross.

Every walker has a background check completed through Checkr — the same service used by Uber.

Dog owners are able to track when the dog walker picks up the dog, and then track the route they take via the walker's phone.

Dog owners can also rate their walkers on a five-star system.

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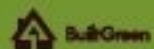
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CalgaryNEXT doesn't yet have the go ahead from councillors, but administration has been sent back to review what's on the table so far. COURTESY CALGARY SPORTS AND ENTERTAINMENT

CalgaryNEXT debate goes back to admin

STADIUM PROJECT

**West Village and
Victoria Park to
be considered
in analysis**



**Helen
Pike**
Metro | Calgary

It's a starting line for CalgaryNEXT, but not the jumping-off point for some councillors — at least not without some serious analysis.

On Monday, Calgary city councillors voted to review updated information on the multi-sports stadium proposed for the West Village, from both administration and the Calgary Sports and Entertainment Corporation (CSEC). The vote also included a report on a "Plan B" location in Victoria Park should West Village.

CalgaryNEXT is the CSEC's proposal for an 18,000-seat arena to house the NHL's Calgary Flames, a 30,000-seat stadium for the CFL's Calgary Stampeders and a public fieldhouse along the banks of the Bow River in the West Village.

Although administration's report from April painted the West Village location for CalgaryNEXT as a "dead in the water" proposition with a price tag of \$1.8 billion, it's been given new life with a very different presentation from the CSEC — who paint

the facts with a different brush.

CSEC gave council a glimpse at where the proposed West Village stadium site sat from their own perspective.

The difference: more than \$650 million less than administrations estimated price tag.

But quibbling over numbers is the least of CSEC's worries on this deal. CEO Ken King told reporters Monday morning he was looking for a starting line, an indication council actually wanted to make a deal.

"Doing the deal always required a willing partner either in Plan A or Plan B," said King. "I have a greater sense the city would like to do something consequential. I just need a greater sense of where and what it might look like."

King noted the project needs both close scrutiny from council, but also effective communication of the benefits a new stadium has in store.

Mayor Naheed Nenshi said the sum presented by CSEC would

\$1.13B

The price tag for CalgaryNEXT infrastructure, plus the West Village creosote clean up. Calgary city administrators had the cost pegged at 1.8 billion.

\$50M

The Calgary Sports and Entertainment Corporation's estimate of how much remediation will cost. The City of Calgary pegged that sum to be between \$85 and \$140 million. The timeframe could also be cut down from more than 10 years to two or three if construction of CalgaryNEXT and remediation happen concurrently.

make CalgaryNEXT more expensive than the West LRT, and the "most expensive" public works project in Calgary's history.

"Certainly there's a difference of opinion on numbers, but if I'm looking at their numbers they still say this is a \$1.3-billion dollar project," said Nenshi.

"Obviously there's a lot more questions, including who's got \$1.3 billion dollars."

The mayor said, so far, the

city has spent up to \$2 million on their feasibility work on remediation.

"I don't mind that we did a better environmental assessment of the West Village," said Nenshi. "That's work I would've liked to do anyway and that's the lion's share of these funds."

"In these last 90 days, I can't imagine anything is going to go insane. It's just a matter of getting people together to talk."



Police report that a violent home invasion in northeast Calgary sent two to hospital. The suspect is dead. JEREMY SIMES/FOR METRO

Couple sent to hospital after attack

CRIME

Suspect took his own life, police suspect



Jeremy Simes
For Metro | Calgary

Calgary police say a prowler in Beddington may have spoken with a nearby neighbour before approaching another home, in which he brutally assaulted two people.

Police are investigating a violent home invasion that happened in the city's northeast Sunday night.

At approximately 11:30 p.m. Sunday, police were called to a residence in the 0-100 block of Beddington Drive NE in response to reports of an armed home invasion.

Prior to the violent invasion, a person not known in the area spoke with a nearby neighbour.

After that, the home invasion occurred.

Insp. Phil Hoetger said police are investigating to see if those two incidents are linked.

Hoetger said the man wielded a knife. He couldn't specify how the victims were assaulted

as they have yet to speak with the victims.

The assailant, who was said to be in his 20s to 30s, fled the scene prior to police arrival, but he was located nearby. Police believe the suspect then took his own life.

A man and woman from inside the residence were taken to hospital with life-threatening injuries.

Lou Horvath, who lives next door to the home, said he heard much noise around 11 p.m. Sunday and then noticed a HAWCS helicopter circling the area.



All of our kids grew up together. This makes me feel very unsafe.

Cindy Horvath,
next-door neighbour

He said there have been prowlings in the neighbourhood, but nothing like what police described.

"We've had prowlings and break-ins like

any neighbourhood," said Horvath, who's currently taking care of the neighbours' dog.

"I try to pay attention to what goes on around here."

Horvath's wife, Cindy, said they knew the neighbours for more than 25 years.

"All of our kids grew up together," Cindy said.

"This makes me feel very unsafe."

Police say the investigation is ongoing and more information will be released when it becomes available.

HOMELESSNESS

Not-for-profit housing society launched



Brodie Thomas
Metro | Calgary

Calgary will soon have a new, independent not-for-profit division working to end homelessness in the city.

The Calgary Homeless Foundation (CHF) announced the Calgary Community Land Trust Society (CCLT) will be self-governed and independent from

the CHF as of this fall.

The announcement came at the two groups' joint annual general meeting Monday.

The CCLT will take over the CHF's \$50-million housing portfolio and manage those properties for vulnerable populations.

The group will also build specialized, integrated housing to serve the homeless.

"The boards have already separated," said Diana Krecsy, president and CEO of CHF.

"The legal entities will separate financially at the beginning of September. It will be a solely independent housing entity with a mandate to serve the entire sector for vulnerable populations."

Krecsy said no one currently living in CHF-owned housing is going to lose their home as a result of this change.

"They're going to have the security of knowing these properties and these building will

stay low, affordable housing and there's some security in that."

She said this model has never been tried in any other city that she knows of, and it shows how Calgary is leading the fight against homelessness.

"What we've been doing in the past hasn't been working, and we have to move forward," she said. "I think it's a great opportunity to show how Calgary leads."

NORQUAY

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Olivia, Liam top names

FAMILY

Katniss, Sky-Light, Wealth, Chevy round out baby list

Ryan Tumilty
Metro | Edmonton

Kindergarten classes five years from now will be abuzz with a lot of little ones named Liam and Olivia.

Alberta saw 56,529 new children enter the world this year and Liam topped the list of boys with 301 of them, Olivia was the top girls name with 293 parents choosing that name for their child. Those two names also held the top spots in 2014.

The economic downturn didn't slow down the birth rate in Alberta as the 56,000 new babies were a record-breaking year for the province.

Rounding out the top five for girls was Emma, Emily, Sophia and Ava, who all held



Alberta had a record number of new bouncing baby boys and girls last year. METRO FILE

the same spots last year. For boys it was Noah, Ethan, Benjamin and Lucas.

Not all Alberta parents went the traditional route however.

Pop culture seemed to play a role with Tyrion from Game of Thrones, Katniss from the Hunger Games and Elsa from Frozen all making an appear-

ance.

Some parents steered clear of traditional names with baby boys named Sky-light, West, Wisdom, Jet, as well as Wealth,

“I have three Olivias, but it isn't a problem.”

Indira Rao

Crew, Chevy, Hero and True.

Not to be outdone there are baby girls in the province named Winter, Arizona, Unity, Justice, Unique, Patience, Mercy, Karma, Journey, and Symphony.

At the Summerside Child Care Centre the patterns of the last three years bear true, with three little Olivias starting to learn about the world.

Program director Indira Rao said she has many of the popular names, but doesn't mix up the kids.

“I have three Olivias, but it isn't a problem,” she said.

Rao said despite the name's popularity she does not have any Liams at her child care centre.

The full list of baby names going back to 1980 is now available through an app the government created.

WHY OLIVIA?

Popular results in 2015

While the 2015 baby-name results show Liam as the most popular name for boys, the results for girls shows an interesting trend — namely, the same five names have now occupied the same five positions for girls in Alberta over the past five years.

At the top of the name heap is Olivia, yet again. And aside from Olivia Newton-John and a character from a popular children's book, there are no obvious pop-culture inspirations.

The reason appears to be good old momentum.

Indeed, before you feel unique, Alberta, consider that this trend is a North American thing. Olivia is the second-most popular baby name in the United States right now.

The trend started in earnest in about 1995, when Olivia jumped (in the U.S.) from its usual couple of hundred babies per million to several thousand per million. Today it's the second most popular name (and the related Oliver is popular with boys), scoring well more than 10,000 names per million. METRO



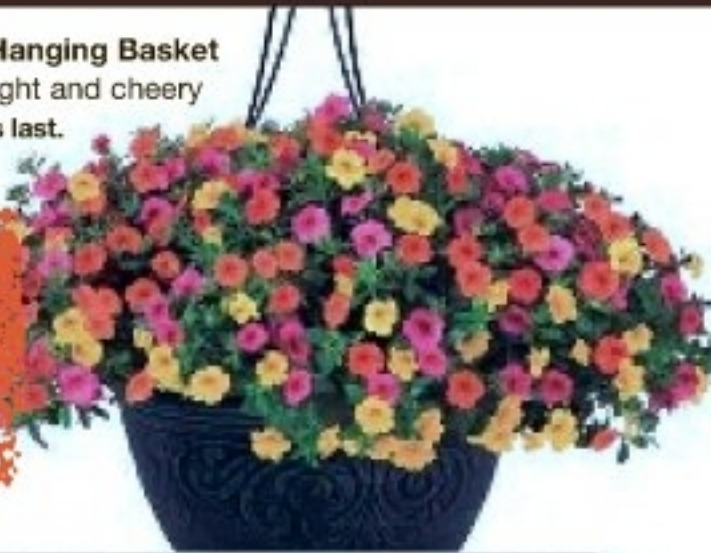
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Hit-and-run death of UFC fighter 'tragic'

FATALITY

Ryan Jimmo remembered by former training partner



Kevin Maimann
Metro | Edmonton

A former training partner of Ryan Jimmo says the Ultimate Fighting Championship athlete killed in a hit-and-run Sunday was in the process of moving back to Edmonton from the U.S.

Police say Jimmo, 34, approached the driver of a pickup truck early Sunday morning in a parking lot on Whyte



Ryan Jimmo TWITTER

Avenue, near 100 Street, and was walking back to his own car when the pickup driver struck him with the vehicle and fled the scene.

"It's horribly tragic," said

Luke Harris. Harris said the fighter was showing his girlfriend around Edmonton when he was tailgated by a truck before the confrontation ensued.

He said Jimmo, a New Brunswick native who was nicknamed "The Big Deal," had a personality that would not necessarily be expected of a professional fighter.

"He's done some incredible things in the sport. But aside from the sport, the guy was just a great person and a pleasure to be around," Harris said.

"He was definitely a cognitive guy, played chess, read physics books, loved to dance and do the robot. You don't have too many serious conversations with him, he was always joking around."

He remembers Jimmo coaching kids at the Hayabusa Training Centre and said he was a role model for a lot of young people.

Police are looking for the suspect vehicle, which they describe as a dark customized older model pickup truck.

“He’s done some incredible things in the sport. But aside from the sport, the guy was just a great person and a pleasure to be around.” Luke Harris

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HOMESCHOOLING

Alberta education roots out ineligible families

Alberta Education has put the clamp down on some home-school students whose parents were ineligibly reimbursed by provincial school authorities for providing the service.

On Friday, a letter from the Centre for Learning at Home said parents whose kids are in blended, fully aligned and online school programs would no longer be reimbursed for expenses related to school courses.

The Centre for Learning at Home was disappointed with

this change and had appealed the decision, according to the letter.

But Paul van den Bosch, president of the Alberta Home Education Association, has no problems with the letter. He said parents whose kids are part of those programs aren't supposed to be reimbursed by school authorities, according to legislation.

"They're actually enforcing regulations. It's the first time I've seen them do it," said van den Bosch.

In an email, the Ministry of

Education said it found two per cent of homeschool students were receiving ineligible funding after conducting "spot monitoring" of school authorities that supervise home programs.

The Ministry said it found school authorities operating on-line or regular programs were reimbursing parents, when only the cost of instructional materials can be reimbursed to parents who are solely home-schooling their kids because they aren't using regular or online programs.

The Centre for Learning at Home letter stated that there's no longer a requirement for parents to front the cost of resources or related events, field trips or co-curricular workshops, as the school will provide basic instructional and supplemental resources.

The Ministry said it hasn't yet made a decision on what's required of the school authorities that made ineligible reimbursements.

JEREMY SIMES/FOR METRO



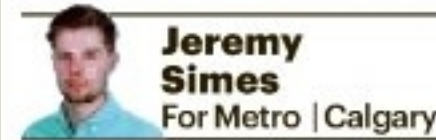
Ben Penner, left, and Nadeen LaBoucane share a moment together. LaBoucane credits Penner for saving her life.

COURTESY/ALBERTA HEALTH SERVICES

Breaking the PTSD stigma

WELLNESS

Province working on mental health support system



Jeremy Simes
For Metro | Calgary

Nadeen LaBoucane credits Ben Penner for saving her life, after she tried taking it due to the mounting stress that comes with being a first responder.

LaBoucane, lead emergency communication officer with EMS, said she hopes her story eradicates the stigma associated with post traumatic stress disorder (PTSD), as Monday marked Alberta's first PTSD Awareness Day.

"I know I'm not the only one out there," she said.

LaBoucane, who has been an EMT for 21 years and the last five in EMS dispatch, said she tried taking her own life by overdosing on prescribed medication in a parking lot.

"I awoke in the hospital and I was really shocked because I didn't expect to wake up," she said. "When I did wake up, I was like, 'Oh, now I have to deal with what I've done.'"

First responders — paramedics, EMTs, firefighters, police and corrections officers — are considered to be at a greater risk for PTSD than other occupations as their jobs normally

encounter traumatic events.

LaBoucane said the traumatic calls she received every day and witnessing some gruesome events contributed to her PTSD.

Even though the stress kept mounting, she didn't do anything to combat it at the time, she added.

"Telling a mother to cut their sons down from a hanging and the hysterics and the screaming in your ear constantly, that builds up over time if you don't look after it," she said.

She said the AHS EMS Critical Incident and Stress Management (CISM) team was integral for her recovery — it's the place where she met Ben Penner, who's part of the peer support team.

"I truly think he saved my life," she said. "The support was there and I think it really helped me re-integrate back into work."



I know I'm not the only one out there.

Nadeen LaBoucane

CISM looks for red flags and offers many options for first responders whose job is taking a toll on their mental health.

LaBoucane said she thinks more education is needed for management, so that they are able to easily spot instances where support is needed.

"I want to make sure what happens to me doesn't happen to somebody else," she said.

The EMS Psychological Health and Safety Committee is also now developing additional supports to ensure staff have the appropriate health before, during and after a mental health issue.

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Residents fight development

HIGHLAND PARK

Concerns about density, drainage, loss of trees



Brodie Thomas
Metro | Calgary

Residents in Highland Park are trying to make their voices heard as city council prepares to look at a new development in the northwest next Monday.

Elise Bieche, president of the Highland Park Community Association, said residents have major concerns about density, drainage, and the loss of trees in the former Highland Park Golf Course.

She said they're not opposed to higher density, but they have many questions about the location of the project, considering the Green Line will not have a station nearby, as was originally planned.

The former golf course runs through a small valley between Centre Street and 4 Street NW. Bieche said water naturally



Residents placed this sign on the side of a vehicle near the former Highland Park Golf Course in Calgary's Northwest. Elise Bieche, president of the local community association, is hoping council will rethink a planned development. BRODIE THOMAS / METRO

drains into the valley, and during storms it pools in places.

According to the community association, a tributary of Nose Creek, called Confederation Creek, runs along the bottom

of the valley. It was vaulted with concrete sometime in the late 1950s or early 1960s.

"The city is trying to say it isn't a creek — it's just diverted stormwater. But we

actually have pictures from the '50s that show that it's a creek," said Bieche.

Turning that storm sewer back into a creek would be incredibly difficult, according

“The city is trying to say it isn't a creek — it's just diverted stormwater.”

Elise Bieche

to Shawn Small, senior planner for the centre-west area with the City of Calgary. The developer does have a plan to deal with excess storm water.

Small said the developer, Maple Projects Inc., will have to plant new trees back according to city standards once the development is complete, but is planning to retain 10 per cent of the original trees.

He said there has been consultation all along.

"The city is aware that the community still has a bunch of concerns that they feel have not been addressed at all or adequately addressed," said Small.

Bieche said people in the community are planning a protest on Centre Street this Thursday to raise awareness of the project.

HIGHWAY 560

Crash kills one east of Calgary

One man has died after his pickup truck struck a minivan at an intersection just east of Calgary Monday morning.

At 6 a.m., EMS, Langdon Fire and Strathmore RCMP responded to a two-vehicle collision at Highway 560 (Glenmore Trail) and Range Road 283, according to EMS.

Upon arrival, EMS said they found the man in the pickup truck had been ejected from the vehicle, and was determined dead on scene.

The driver of the minivan, a woman in her 40s, was driven to the Foothills Medical Centre in serious, but stable and non-life threatening condition.

EMS said the man's age is not known at this time.

RCMP said its preliminary investigation shows the minivan failed to stop at a stop sign at the intersection.

RCMP continue to investigate. METRO

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WILDLIFE

Sage grouse making a tiny comeback

The muffled drumbeat and strutting mating dance of a classic prairie bird is becoming louder in its grassland home, two years after the sage grouse became one of the first species to come under emergency protection from the federal government.

Numbers of the greater sage grouse have almost quadrupled since 2014, with nearly 80 male birds recently counted in southern Alberta and Saskatchewan.

"They're still dangerously low, but the increase in the last few years has been encouraging," Jordan Ignatiuk of Nature Saskatchewan said Monday.

A few years ago, there were only 20 male sage grouse left in the two provinces. The slow collapse of the species spurred environmental groups to take the former Tory federal government to court to force it to follow provisions in the Spe-

cies At Risk Act and declare an emergency protection order.

That order blocked the destruction of any more sagebrush, the bird's natural habitat.

It also banned new roads, structures or fences and prohibited noisy activities during the grouse's mating season.

The measures applied to almost 1,800 square kilometres of federally and provincially owned land in southeastern

Alberta and southwestern Saskatchewan.

They may have come at some economic cost.

At least one energy company, Calgary-based LGX Oil + Gas, blamed the protection order for forcing it into bankruptcy.

The company, now in receivership, has filed a \$60-million lawsuit against the federal government over the issue.

THE CANADIAN PRESS



Varicose veins can be increasingly problematic when the weather begins to warm up. COURTESY WIKIMEDIA

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Varicose veins: Blame the weather

HEALTH

Calgary doctor shows how to relieve the symptoms



Jeremy Simes
For Metro | Calgary

You may be one of few that have developed enlarged, unsightly veins that have potentially been caused by Calgary's warmer weather.

As warm weather becomes the norm in the city — potentially causing some people to develop varicose veins — a local doctor is informing Calgaryans about how they can relieve symptoms that may be related to chronic venous insufficiency (CVI).

Varicose veins — which are enlarged or twisted veins and a symptom of CVI — can be caused by a multitude of things, according to Calgary family physician Dr. Rohan Bissoondath.

But he said the veins can be particularly bad during summer because vein dilation

worsens in warmer months.

Varicose veins can also be caused by prolonged sitting or standing, genetics and sometimes pregnancy.

"They don't look nice — you get brown staining around the veins," he said. "You get spider veins around some of the larger ones."

But the veins aren't just unsightly — they're a medical issue, Bissoondath added.

"People used to think it's just a cosmetic issue, but it's not," he said. "It is a medical issue. They get aching, burning, heaviness. The aching can be quite significant."

People can also develop ulcers in their ankles, which can be troublesome for those who've suffered from CVI for an extended time.

To manage CVI, people should keep

active and maintain a healthy body weight, Bissoondath said.

"We want to keep that blood moving," he said. "You got to try and get up and move around when you can."

Other ways to manage CVI is compression socks, red vine leaf extract and sclerotherapy, Bissoondath added.

"All of this is ambulatory — you walk in and you walk out," he said.



People used to think it's just a cosmetic issue, but it's not.

Dr. Rohan Bissoondath



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Maxime Lemay, store manager at Moulin de Provence bakery in the market, sells cookies for Justin Trudeau alongside the famous Obama cookie. He'll make one for the Mexican president by Wednesday, too. EMMA JACKSON/METRO

Sweet seconds for a U.S. president

OTTAWA

Three Amigos to have cookies made for each of them



Emma Jackson
Metro | Ottawa

Here's hoping the president wants seconds.

Staff at the Moulin de Provence bakery in Ottawa's famous ByWard Market are busy baking as many maple leaf cookies as they can in the hopes U.S. President Barack Obama will pop in during the Three Amigos summit.

It's not an impossible dream.

The U.S. leader last visited the capital in February 2009, and surprised customers and staff alike when he dropped into the

downtown bakery for a treat.

He chose the most Canadian thing in the store: a maple leaf shortbread cookie, painted red, with "Canada" iced in white.

Ever since, the cookies have been named for him. They're a huge tourist trap: store manager Maxime Lemay said the large display gets photographed constantly.

And the store is littered with poster prints of the president's visit.

"It's not very often that the president of America is coming in a public store," Lemay said. "He stopped by Parliament Hill to meet the prime minister, and he stopped here to have a cookie. It's kind of special."

This time around, if he drops in again, the bakery will be ready.

Lemay is designing a massive maple leaf cookie featuring the flags and faces of the three North American leaders for display on Wednesday.

Staff will also give away smaller shortbread cookies featuring Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto. Of course, there will be plenty of Obama cookies to give away, too.

Lemay hopes it will be hard for Obama to ignore the store if he's nearby.

But Lemay has competition from another shop owner hoping to serve the most powerful man in the world.

Claudio Fracassi, the face behind The Soup Guy store in the World Exchange Plaza, missed out on meeting Obama in 2009, despite creating a beef chili soup in his name.

Obama reportedly loves chili, and on the night of the historic 2008 election Fracassi "was so elated and happy" that Obama won he started concocting the special recipe right then.

It was an immediate hit, and a menu regular ever since.

PARLIAMENT

Security increased on the Hill



Joe Lofaro
Metro | Ottawa

Security for Wednesday's Three Amigos summit is expected to be heightened as U.S. President Barack Obama meets with Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto.

The RCMP are warning members of the public that movement in the parliamentary precinct will be limited.

RCMP spokeswoman Annie Deslisle said in an email

to Metro there will be a "sufficient" police presence in the area as the Mounties are responsible for the security of Trudeau and the two visiting leaders.

Officers will be stopping members of the public during a 15-minute window as Obama arrives and leaves the parliamentary precinct after the summit.

"This means that any individual on the Hill at this time will have to stop completely wherever they are. There will be no movement in or out of Parliament Hill for this

period. Police and security officers will ensure that this freeze occurs smoothly," said Deslisle.

Ottawa police will also assist RCMP in providing security and directing traffic in the downtown core as the motorcades roll through.

"We work with our security partners and a security threat level dictates our threat assessment. Those threat assessments maintain at medium right now so that's one of the aspects we take into consideration in our plan," said Deputy Police Chief Jill Skinner.

Get to know your amigos



Haley Ritchie
Metro | Ottawa

Mexico's President Enrique Peña Nieto is in Canada for the North American leaders summit with Prime Minister Justin Trudeau and U.S. President Barack Obama. Here's your cheat sheet to the three North American leaders.



Enrique Peña Nieto

- **57th president** of Mexico, took office December 1, 2012
- **49 years old**, born in Atlacomulco, near Mexico City
- **Campaigned on an aggressive crackdown on drug cartels** and a promise to improve the economy in Mexico
- Peña Nieto has **publicly revealed he has had multiple affairs**, including fathering two

children out of wedlock during his first marriage. His image was used on a Mexico City billboard in 2012 advertising adultery website AshleyMadison.com

- His wife Angelica Rivera is a soap opera star on Mexico's television network Televisa
- **He likes to listen to Abba and Celine Dion**, according to a profile in The New York Times



Barack Obama

- **44th president of the United States**, took office **Jan. 20, 2009**
- This is Obama's last year as president. He will soon be replaced by presidential candidates Hillary Clinton or Donald Trump
- **In 2010 Obama introduced major health care reform in the United States.** The Patient Protection and Affordable Care Act, also known as Obamacare, made health

insurance mandatory while trying to improve its affordability

- **Won a Nobel Peace Prize** in 2009
- Originally **born in Hawaii**, Obama spent some of his childhood in Indonesia and went to university in Chicago
- The Obama family has two Portuguese water dogs named Sunny and Bo
- Obama's **favourite sport is basketball**



Justin Trudeau

- **23rd Prime Minister of Canada**, took office **Nov. 4, 2015**
- Son of former Prime Minister Pierre Elliott Trudeau
- While his family is from Montreal, Trudeau is the first prime minister born in Ottawa. **He was delivered at the Civic Hospital on Christmas day, 1971**
- Trudeau is a **former high school teacher** and taught French, math and drama. He's also been a

camp counsellor, white water rafting instructor, bungee jumping coach, snowboarding instructor and bouncer

- Former U.S. president **Richard Nixon foretold Trudeau's rise to power** in Ottawa on April 14, 1972. His mother and father were hosting a gala at the National Arts Centre where visiting Nixon said, "I'd like to toast the future prime minister of Canada, to Justin Pierre Trudeau"

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FEDS

Refugee system reform at risk: Report

Changes made to Canada's refugee system in 2012 resulted in faster decisions on asylum claims, but an internal government study warns those improvements may now be at risk.

Several asylum targets weren't met following the implementation of reforms, despite the fact the government had set aside money to cover twice as many claims as were ultimately received, the study found.

Now, the number of claims is on the rise again.

"If claim intake continues to increase, there is a risk that there may be further challenges meeting targets, that backlogs may grow, and the overall average claimant time in the system may increase," said an internal evaluation of the reforms posted online by Immigration, Refugees and Citizenship Canada.

The latest evaluation comes with Justin Trudeau's Liberal

government poised to put additional pressure on the system by undoing another of the changes made by the previous Conservative government.

The primary goal of the changes had been to get claims decided faster, to ensure those in need of asylum were approved more quickly,

\$259M

The \$259 million spent on reform means those seeking asylum now receive a decision about five times faster than those who applied prior to 2012.

ly, and those who did not qualify were promptly deported.

The evaluation examined the implementation of two laws that — among other things — created timelines for certain steps in the process and limited avenues of appeal for claimants from certain countries.

THE CANADIAN PRESS



Richard Piegan with wife Amanda, daughter Gwen and their family dog outside the Comfort Inn in Amherst, N.S., on Monday. TC MEDIA

'We've lost everything'

HELP

Ohio family's RV goes up in flames in move to Nova Scotia



Philip Croucher
Metro | Halifax

Richard Piegan isn't letting a life-altering hardship get in the way of the end goal.

Less than 24 hours after seeing his family's personal belongings go up in smoke when the RV they were driving from Belmont, Ohio, to Cape Breton became engulfed in flames, the soft-spoken American still talks with hope about getting to their final destination and starting a new life for himself, his wife Amanda, and their 15-year-old daughter, Gwen.

"We'd love to get there," he said of Cape Breton, while sitting in his Amherst hotel room Monday afternoon.

"I'd love to have a job in fish-

ing. It's been my dream for my whole life.... I just want to be a fisherman."

No one was injured in the fire. The family had been living in the RV since April and lost all their belongings, including their passports and credit cards.

The Red Cross made arrangements Sunday night to put the family up in a hotel in Amherst, and they were able to go to Walmart after hours to get clothes to last a few days.

Piegan said he's been overwhelmed by the support they have received so far, and is open to anything else people may be willing to give them.

He said the family RV was their "real house," which they had been living in for the past couple of months in their hometown.

It had some insurance, he added, but not a lot.

"I'm not going to turn anything away at this point. We can use any help. Anything. We've lost everything, man. We got nothing."

WITH FILES FROM TC MEDIA

Not here due to Donald Trump

Many people have been asking Richard Piegan whether moving from south of the border to Cape Breton has anything to do with a recent website calling on Americans to move to the Nova Scotia island to get away from Donald Trump.

Piegan said Monday he had never heard of the website cbiftrumpwins.com, add-



Donald Trump
GETTY IMAGES

ing Trump running for presidency had no impact on him coming here. "He's a jerk, I don't care about him or his 25 ex-wives," he said. "I just wanted to get up here and get a job."

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Iraqi children displaced from the city of Fallujah gather next to a tent at a newly opened camp where hundreds of displaced people are taking shelter Monday. AFP/GETTY IMAGES

U.S. PRESIDENTIAL ELECTION

Trump emails plea for \$10 donations

The billionaire running for president now seeks to convince millions of Americans to give him money.

With the simple tap of the "send" button one day last week, Donald Trump collected \$3 million in campaign contributions — as much as he did in the entire month of May.

He had asked for donations of \$10 or more, with the promise of chipping in \$2 million of his own money to match

those that arrived.

That one-day haul from Trump's first fundraising appeal is early evidence of the digital magic it takes to fill campaign coffers Bernie Sanders-style — millions of people, each giving a few bucks.

Yet that was just one email. Success demands repetition.

The presumptive Republican nominee must now make the case that he needs money, after months of boasting that

he can pay his own way. And his campaign also is failing in what could be called "the art of the email." One analysis found that 74 per cent of his first fundraising requests landed in spam folders.

Still, if Trump can reap millions of dollars from each pitch, that could help him solve an urgent problem: He's being crushed by Democratic rival Hillary Clinton's well-honed finance machine, which

pulled in 10 times as much as he did last month.

Campaign money pays for the advertising and employees needed to find, persuade and turn out voters.

Since that initial email, the Trump campaign has sent at least four more solicitations, including one Sunday from chief strategist Paul Manafort touting the fundraising success.

THE ASSOCIATED PRESS

Fallujah aid too little and too late

IRAQ

About 85,000 people living in makeshift camps

Near the "fully liberated" Iraqi city of Fallujah, tens of thousands are fleeing into the desert in midday temperatures of more than 50C. An estimated 85,000 displaced people are enduring heat and dust storms, even inside makeshift camps.

In Iraqi Kurdistan, hundreds of Yazidi women and girls who escaped rape and slavery at the hands of Daesh are surviving on meagre supplies, lacking medical and psychological care, while thousands of their relatives are also suffering trauma and deprivation.

On Sunday, Iraqi forces declared Fallujah, which had been held by Daesh for two years, liberated — emerging victorious from a military operation that took months of planning. "Given the high population density inside the city, we prepared four camps before the operation," government spokesman Saad al-Hadithi told The Associated Press. "But the large number of dis-

placed people and the quick movement has made it very hard to meet their needs."

Since the 2003 U.S. invasion of Iraq, and the sectarian violence that followed, more than three million people have been internally displaced, and 10 million are in need of aid.

Yet funding for Iraq's multiple humanitarian disasters is both little and late.

Last Thursday, Canada announced that it will move to the front line of humanitarian support by joining the U.S., Germany and Japan as co-host of a pledging conference to be held in Washington on July 20.

Over the next three years, Ottawa will contribute \$840 million in humanitarian and \$270 million in development assistance to Iraq, in addition to its \$145 million in

"stabilization and security" aid. That is a sharp rise from the \$163 million in non-military aid contributed from 2014 to 2016.

New money is desperately needed, aid agencies say. The current UN humanitarian response for Iraq is only 36-per cent funded and as the Iraqi government and its allies continue their assault on towns held by Daesh, needs are growing alarmingly.

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Brexit hangover continues to rage

UNITED KINGDOM

PM Cameron insists British economy is stable, robust

Prime Minister David Cameron insisted Monday that Britain's shock vote to leave the European Union won't send the economy into a tailspin, even as the country was stripped of its top credit rating and stock markets and the pound continued a downward spiral.

Calling the vote a "seminal event" that "will lead to a less predictable, stable and effective policy framework in the U.K.," Standard & Poor's knocked the U.K.'s sovereign rating by two notches, from AAA to AA. Hours later, Fitch Ratings followed suit, downgrading the country to AA.

Both agencies said they were keeping a negative outlook on their ratings. Standard and Poor's cited risks to the econ-



We have to accept the result, we have to get on and deliver it and as we do so, we have to seek the best possible deal. David Cameron

omy and public finances, the pound's role as an international reserve currency and "risks to the constitutional and economic integrity of the U.K." as Scotland's strong vote to remain in the EU could raise the prospect of another referendum on Scottish independence.

Cameron, however, insisted the British economy could withstand the shockwaves.

Despite the uncertainty fueling financial instability, leaders in both Britain and the EU signalled there would be no immediate start to negotiations on an EU exit.

German Chancellor Angela Merkel met with her French and Italian counterparts and said "we agree there will be no formal or informal talks" until the British government officially declares its intention

to quit by invoking Article 50 of the EU treaty.

The statement appeared to scotch hopes by Conservative lawmaker Boris Johnson and his Vote Leave campaign to hold preliminary talks on the general outlines of a deal before Article 50 triggers a two-year countdown to a British exit.

Earlier, Merkel said she understood that Britain may need "a certain amount of time to analyze things," but said a "long-term suspension" of the question wouldn't be in either side's economic interest.

Meanwhile, U.S. Secretary of State John Kerry, in Brussels and London to address fallout from the vote, said the U.S. has "immense confidence in ... the leadership on both sides of the channel" to negotiate a deal.

THE ASSOCIATED PRESS



A person holds European flags with the — British Union Jack noticeably absent — in Lille, France. European Commission chief Jean-Claude Juncker said Britain's departure from the EU was "not an amicable divorce" but called for it to be quick. AFP/GETTY IMAGES

XENOPHOBIA

Acts of racial intolerance on the rise after 'Leave' win

An Eastern European family in Rugby finds dog excrement shoved through its mailbox. A Londoner nearly gets into a fight over drunken slurs shouted on a crowded subway car. A Polish teenager in Gloucestershire is taunted with threats of deportation at her high school.

In the wake of last Thursday's vote to leave the European Union, Britain has seen a surge in xenophobia expressed in taunts, threats and worse. For many, foreign- and native-born, the U.K. has suddenly become much scarier place.

"Before Friday we lived in a tolerant society," said Oana Gorcea, a 32-year-old Romanian who has lived in Britain since she was a teenager. "I've been here 13 years, but I've never felt like I had to hide where I came from. But from Friday, things completely changed."

Gorcea, who works for a multinational company in Rugby, about 135 kilometres northwest of London, said her street was being patrolled by "English commandos who walk around and try to intimidate non-white non-English people."

Gorcea's story and others like it have been echoing across social media for days. Eastern Europeans, Muslims — even



A man wears an anti-immigration T-shirt in Romford, England, on Saturday. Prime Minister David Cameron and London Mayor Sadiq Khan said Monday abuse directed at immigrants wouldn't be tolerated. DIAMOND GEEZER/THE ASSOCIATED PRESS

Americans and Germans — have reported acts of intimidation and harassment. Victims describe an emboldened angry fringe emerging to crowd over Thursday's vote; a T-shirt sported by a man at an Armed Forces Day parade in the working-class London borough of Havering over the weekend seemed to sum up the new attitude: "YES! WE WON! NOW SEND THEM BACK."

Channel Four's Ciaran Jenkins said that within a five-minute span in the northern England town of Barnsley, three people had shouted "Send them home!" BBC reporter Sima Kotcha said that she was in "utter shock" after having returned home to the southern England town of Basingstoke and been abused with a racial slur she hadn't heard "since the '80s."

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Canada Post says any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume. TORSTAR NEWS SERVICE

Canada Post warns of likely shutdown

EMPLOYMENT

Postal union will be in legal strike position on Saturday

Canada Post is warning unionized workers that any type of job action including rotating strikes this weekend will mean the shutdown of the post office.

"In the event of a labour disruption, Canada Post will not operate," the Crown corporation said Monday. "Mail and parcels will not be delivered, and no new items will be accepted. Any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume," the release says.

The two sides have been holed up in an Ottawa hotel for months, trying to hammer out a deal covering both urban and processing plant members, and rural carriers before the

July 2 deadline. At that point, the Canadian Union of Postal Workers would be in a legal strike position and the corporation would be in position to lock out employees.

Canada Post has also taken the unusual step of publicly releasing details of its last offer to the union.

It said the offer which includes a wage increase and no change to the defined benefit pensions for current employees. New hires would be put on a defined contribution plan.

"We have put forward an offer, and it's been back and forth, but we have not made any significant inroads," said Canada Post spokesman Jon Hamilton, saying the union has made "two dozen pricey demands."

A union bulletin notes those covered in the urban contract would be offered a four-year deal with no wage hike in the

first year and 1 per cent each in the remaining three years. The union is pushing for wage increases above inflation.

Canada Post also wants more flexibility on hiring temporary

and part-timers to work weekends and evening during peak parcel delivery periods, arguing its current policy of paying overtime is not financially sustainable.

Mike Palacek, CUPW's national president, has said in previous interviews the union believes management

is laying the groundwork for a lockout. He has said changes to the defined benefit pension plan are a no-go for the union.

The company has promised to protect the existing plan, but wants to switch future hires to a defined contribution plan, noting the plan has a \$6.2 billion solvency deficit.

TORSTAR NEWS SERVICE

72h

Either side, the Canadian Union of Postal Workers or Canada Post, would need to serve 72 hours' notice before a strike or lock-out.

FOOD AND DRINK

Diet Pepsi with aspartame returning to shelves this fall

Diet Pepsi made with aspartame is returning to shelves in the U.S., after PepsiCo saw sales plummet following its reformulation of the drink last summer to remove the artificial sweetener.

PepsiCo says it will offer "Diet Pepsi Classic Sweetener Blend" made with aspartame starting in September, in 12-ounce cans, 2-litre bottles and 20-ounce bottles. The move is intended to appease fans who don't like the taste of the reformulated drink, which is

made with the artificial sweetener sucralose.

But PepsiCo Inc. said Diet Pepsi made with sucralose, commonly known by the brand name Splenda, will remain its primary diet soda offering. Those cans will be silver, while the "classic" Diet Pepsi with aspartame will be come in light blue packaging.

When PepsiCo removed aspartame from Diet Pepsi in August, it said the change was the No. 1 request by customers. Industry executives have

blamed the declining sale of diet sodas on concerns people have about the ingredient. Several years ago, Coca-Cola Co. tested ads in select newspapers defending the safety of the sweetener.

PepsiCo's replacement of the sweetener from Diet Pepsi tested the theory that it was to blame for fleeing customers, but the plan seems to have backfired. In the first quarter of this year, sales volume for Diet Pepsi sank 10.6 per cent, according to industry tracker

Beverage Digest.

Diet Coke, which stuck with aspartame, saw volume decline a more moderate 5.7 per cent.

Aspartame had been linked to cancer in lab mice, but it is approved for use and the Food and Drug Administration says more than 100 studies support its safety.

Meanwhile, PepsiCo also said Monday that Pepsi MAX will be re-introduced as Pepsi Zero Sugar in the U.S. and will still contain aspartame.

THE ASSOCIATED PRESS



Pepsi MAX, to be reintroduced as Pepsi Zero Sugar, and Diet Pepsi Classic Sweetener Blend will contain aspartame. Diet Pepsi will be without aspartame. THE ASSOCIATED PRESS

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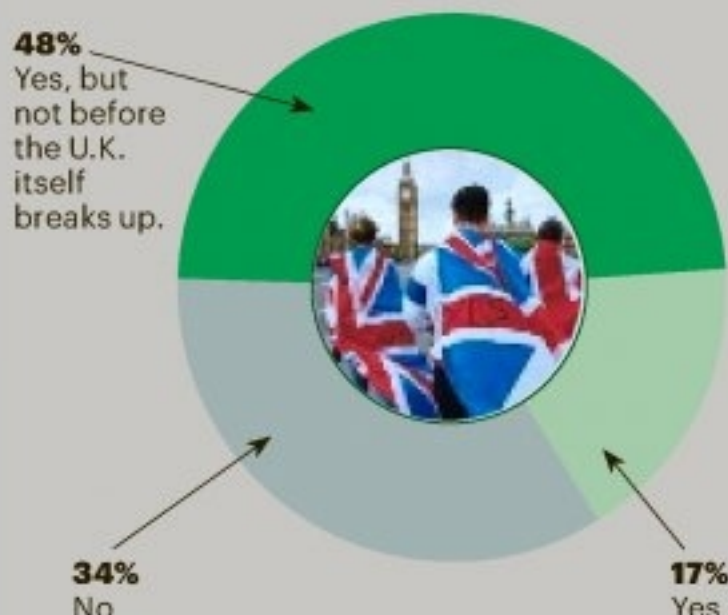


METRO POLL

Bowled over by the Brexit vote?

We've all had a few days to process the Brexit result, but nobody is any closer to having any idea what will happen. Will the U.K. actually go through with this? What about Scotland and Northern Ireland? What chain reaction of political and economic events will this set off? We asked readers what they thought would happen. Check out the results.

1 Do you think the U.K. will actually leave the EU?



2 How surprised were you by the result?

57% Completely, utterly blindsided
21% Not at all. I saw it coming the whole time.
21% Mildly to moderately surprised

3 What do you think was the decisive factor?

69% Anti-immigration/xenophobia
15% Distrust of elites and internationalist institutions
8% Fiscal/economic concerns
8% Nostalgia

WE ASKED Metro readers

Reality is the government will always choose what it thinks is best for itself in the long run

The vote provides U.K. significant leverage to negotiate new terms with the EU

They never used the euro. Putting the borders back to a safer level is wisest

The Brexit is a bigoted, backwards thing to do, and Northern Ireland and Scotland are not going to stand for it

visit metronews.ca
HAVE YOUR SAY

Olympic bid is worth price of consideration

KLASZUS' CALGARY

Jeremy KLASZUS



In the 1980s, as a medium-sized city, Calgary needed the Olympics to boost its stature in the world. Today, it's the other way around.

After years of corruption scandals, host-city budget overruns and questionable locations, the International Olympic Committee (IOC) needs willing cities to give the Games a dose of credibility.

It's important to keep that in mind as Calgary investigates the possibility of a 2026 bid.

The most recent Winter Games were held at a Russian subtropical beach resort, remember, where the many infrastructure deficiencies gave rise to the hashtag #SochiProblems.

We are a winter city with a stellar track record of hosting

the Games, as local bid boosters are quick to point out. But the city and the Olympics have both changed significantly since 1988, with the Games becoming vastly more expensive to host.

Calgary, meanwhile, has come into its own. We've found a good groove.

Look at the Peace Bridge, the National Music Centre, the East Village — all evidence of a young frontier municipality finding its big-city feet.

If the Olympics were to come here again, we would be showcasing a different city, a place that has grown up.

And that's a seductive idea: Let's show this all off.

The Calgary of the 1980s was punching above its weight a little.

"Calgary is a sophisticated metropolis renowned for its cosmopolitan atmosphere," was what local Olympic organizers told international media. Renowned?

Maybe in Red Deer.

At the time, the Calgary Tower and Fort Calgary were considered top attractions. The Saddledome was an architectural showpiece.

Still, wooing the Olympics back then worked wonders. As anyone who went through 1988 can tell you, those Games were transformative for Calgary's civic identity.

That's something we can all celebrate and remember. But Calgary has less to prove today than we did in the 1980s. And that's a good thing.

The IOC, meanwhile, hugs around toxic baggage as it looks for someone to take it in.

Coun. Druh Farrell put it bluntly at council last week: "It's a deeply, deeply corrupt organization."

It's good to acknowledge that out front. Rather than coming at a possible bid from a place of insecure neediness, city council should come at

it from a place of confidence, wary of getting into a bad relationship.

Skepticism is better than fuzzy-eyed nostalgia.

Not that there's anything wrong with nostalgia. The city could always arrange a screening of Cool Runnings at Olympic Plaza for those who want to relive 1988 yet again.

As it stands, city hall is spending up to \$5 million to investigate a bid.

That relatively small investment could pay off if Calgary held another successful Winter Games in 2026.

But it's more likely that pursuing another Olympic dream would ultimately have more cost than benefit.

Nearly three decades after the '88 Games, the IOC needs us more than we need them.

Jeremy KLASZUS is a freelance journalist and stay-at-home dad.

ROSEMARY WESTWOOD

When hunger strikes outside the home, will you be prepared?

There are two kinds of Canadians: Those who pack a lunch, and those who don't.

The latter camp seems confident others will feed them.

The former know better.

We were all raised to be fully aware of the danger of walking out your front door: You could get hungry. All of a sudden, your blood sugar could plummet. You could get to the end of the road and realize your error — a tummy rumble, a dryness of the mouth, some ancient, panicky alarm system ringing in your brain like the idiot BMW next door.

The lunch packer was raised to anticipate — and head off through careful planning — this most undesirable and preventable of feelings. In their household, as a child, no trip was too small for a snack. Running up to the airport for an hour? Better bring: a banana, an orange, two smushed and still-defrosting homemade muffins of questionable consistency, one granola bar. (The car, of course, is perpetually packed with two to four full — reused — water bottles, which seem, as if by the work of fairies, to never run dry.) Going grocery shopping? Better bring an apple. Taking a flight? Here's your bagel and cream cheese. And a few old carrot sticks from the bottom of the fridge. Want to take this

day-old Danish?

For such a child, the packed lunch develops like an involuntary tick. Well aware that others somehow make do actually buying prepared meals from a million spots offering lunch, this child (now adult) remains skeptical. The outside world still seems like a wild, hostile terrain devoid of sustenance. You could get to work on time and just buy a lunch from Subway, but then you think of your parents wrapping sandwiches in reused plastic lining from cereal boxes, and you know you will be late. The fridge, no matter the measly contents, beckons. This feels like the moral choice. And even a disjointed packed lunch with all the cohesion of a latterday Picasso seems better than having to decide what to eat on the spot, when you're already hungry.

This is the lesson: Always head off the need to decide what to eat. It will be stressful, and disappointing, nevermind expensive. You will be at the mercy of the world around you. An unpredictable world.

In the moment of actually eating lunch, it becomes clear that a half-chicken meal with fries would taste so much better. But magically, by the next morning, all that is forgotten. Time is ticking. The threat of hunger looms. The packed lunch will be made.

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Female orgasm: It's complicated

NEW BOOK

Sarah Barmak explores women, sex and pleasure

A few years back, Sarah Barmak noticed female sexuality was getting a lot of buzz. It was a discussion point in books, mainstream media, conversations among her friends. The recurring theme, she says, was it's "complicated."

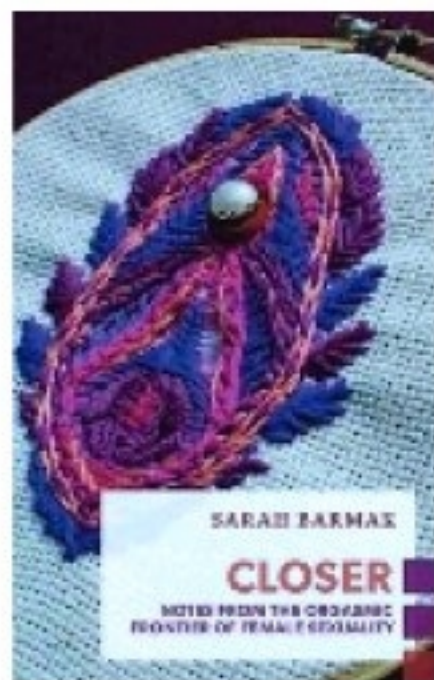
"To me, this seemed curious," says the Toronto-based writer and journalist.

"Half the people in the world — their sexuality is 'complicated?'"

It sparked Barmak's interest in probing the deeper story of female sexuality, with a focus on one thing in particular: the enigmatic, often-elusive female orgasm. Over the next three years, she spoke to sex coaches, researchers, neuroscientists and a variety of women, from those who've never had an orgasm to one who was once capable of climaxing 15 times in one session.

The result is Barmak's new book, *Closer: Notes from the Orgasmic Frontier of Female Sexuality*, an exploration of the ways female sexuality is being redefined in scientific research and today's sex-obsessed culture.

Amid all your research and interviews for *Closer*, did



anything surprise you?

Oh my god, everything. I knew I'd found the tip of the iceberg early on, when I went to an orgasm workshop at Good For Her, a sex store for women in Toronto — a five-hours-long meeting. These weren't the type of women you'd imagine going to sex toy stores. Regular folks, mothers — more conservative-seeming — but they were all suffering on two levels. The first level was this magical thing that's supposed to happen in every woman wasn't happening for them. Number two was the idea that their problem was frivolous, that it was something they'd be embarrassed to tell someone else.

That was a striking first scene. This line really stuck

out, about these women talking about having an orgasm: "For nearly all," you wrote, "It will be their first one." It's sad that it's not really surprising.

It's true. I've talked to so many women who say they never talked to their mothers about sex. Or, if I asked when they first had an orgasm — they said, "Oh, I've never had that," or, "Maybe when I was first married." I think our culture takes for granted that all women have orgasms. And when you think about it, girls are not, in any sense, given information about their own pleasure. We don't think it's important for women to know what feels good to them — what kind of touch feels good, what kind of pressure, how to fantasize. A lot of girls get the message that touching yourself is wrong or shameful.

You must have a lot of thoughts about the on-going sex-ed debate, then?

It's long overdue. I don't think it goes far enough. I think there needs to be more emphasis on pleasure, and this is something you'll find in Peggy Orenstein's book (*Girls and Sex*) as well. Diagrams about the female reproductive system have everything but the organs leading to pleasure. The clitoris is rarely mentioned. But with boys, there is clear talk about boys getting erections, they have sexual



Sarah Barmak is the author of *Closer: Notes from the Frontier of Female Orgasm*.

TORSTAR NEWS SERVICE

desire — and girls get the message that boys have sexual desire, and girls are the objects.

You come back to a similar theme a few times in the book, that we're living

in this sexually liberated time, but you also unpack the complicated reality under that veneer.

We're accepting about sexual orientation, gay marriage and the fact that we're even talking about female

orgasm — it's a sign we've come a long way. But I think there's diversity in the way that women are, and the way that sexual desire is, and the way women can be, that really isn't recognized.

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TECHNOLOGY

New feature in U.S. helps people search symptoms

Genna Buck
Metro Canada



Have you ever searched the web for a term like "eye pain" and come away concluding you're about to have a stroke, or you have a brain tumour, or maybe both?

You're not alone. Google says one per cent of its total searches are about symptoms.

Medical misinformation can spread faster than a nasty virus online, and Google is acknowledging its part in that. "Health content on the web ... tends to lead people from mild symptoms to scary and unlikely conditions," a company blog post from last week says.

In the U.S., in English only, the search giant is unveiling a new feature called symptom search. Now, when Americans type a complaint, like "eye pain," into the Google app, it will display a short overview of the symptom, information on how treat it at home, and the signs that indicate you should head to the doctor.



ISTOCK

Harvard, Mayo Clinic lend a hand to Dr. Google

It also shows a list of related conditions compiled with help from human experts at Harvard Medical School and the Mayo Clinic. Google communications manager Susan Cadrecha said there's no date set to roll out

symptom search in Canada, but an expansion is planned to more regions soon.

When it arrives it may be met with cheers from Canadian doctors: A 2015 survey of 1,000 Canadian MDs by the Medical

Post found 41 per cent were "extremely" or "very" suspicious of health information their patients dug up online, and 45 per cent believe Dr. Google does more harm than good.

Toronto pediatrician Dr. Dan-

iel Flanders isn't one of them. He thinks a care provider made of bits and bytes has a role to play, as long as people have a family doctor they trust to help them separate "dubious information and misinformation" from genu-

SEARCHER BEWARE

If you search Google today for "vaccine information," the top result is VaccineInformation.org, a helpful website from the U.S. Centers for Disease control. But the second one is NVIC.org, The National Vaccine Information Centre — a sneakily named anti-vaccination group with a slick and official looking website.

ine advice.

"Anyone who is 100 per cent managing their medical problems with Internet searching — that's problematic," Flanders said. "But I feel patients taking health into their own hands and proactively seeking information is fundamentally a good thing."

"If Google can facilitate the process so high-quality information comes first, that's fabulous. Whether they're able to do that remains to be seen."

Patients with rare diseases who've researched their conditions in-depth can even teach doctors a thing or two, Flanders added: "There's a huge potential for physicians to become better experts, via the education they get from their patients. And the patients get the information from Google."

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Las Vegas team already forcing some GMs' hands

NHL

Depth looking expendable with expansion draft looming

Brad Treiving saw the rules for the expansion draft and immediately was in an advantageous position. The Calgary Flames' general manager needed a goaltender, and with Las Vegas set to harvest the NHL for two of them in a year, his colleagues had incentive to make a move.

The Flames got Brian Elliott from the St. Louis Blues for a second-round pick.

A full year before the Las Vegas expansion draft, GMs must plan for the inevitability of losing a player to a team that the league wants to be good out of the gate. Already the impact of the impending expansion draft has been felt with the Flames acquiring Elliott and the Toronto Maple Leafs getting goalie Frederik Andersen from the Anaheim Ducks.

The Ducks knew they

wouldn't be able to keep Andersen and John Gibson forever, and the expansion draft expedited a move.

"After starting to hear what the expansion rules could be, you just knew you weren't going to be signing both of them," GM Bob Murray said. "You're going to come out looking pretty stupid if you did that."

That will be the challenge over the next 12 months.

Teams can only protect one goalie, so the Tampa Bay Lightning will likely have to trade Ben Bishop and the Stanley Cup champion Pittsburgh Penguins must decide what to do with Marc-Andre Fleury before the yet-to-be-named Las Vegas team picks its first 30 players on June 20, 2017.

With the unrestricted free agent market opening Friday, teams have to consider the expansion draft as part of their off-season manoeuvres.

"Everything will be affected by that," Columbus Blue Jackets GM Jarmo Kekalainen said. "In every decision, we'll have to take into consideration what the rules are and how that might affect our outlook for the expansion draft and ahead of that."

Any player with a no-movement clause in his contract must be protected, and each team will lose one player.

Players with bloated contracts or who are past their prime will be exposed, but teams could take



The Flames acquired Brian Elliott, a 2015 NHL all-star, for a second-round pick on Friday night.

KIRK IRWIN/GETTY IMAGES

a serious hit because young and cheap talent will be plentiful.

Win-now teams shouldn't get worked up. Penguins GM Jim Rutherford plans to keep Fleury and Cup-winning goalie Matt Murray for now and worry about it later, and making moves for the future alone won't help anyone capture a title next season.

"It's tough to take a player you like out of your lineup right now before the season starts, especially if you want to compete for a championship," Washington Capitals GM Brian MacLellan said. "You try and find that

perfect situation where you're protected in an expansion draft."

Expect some movement once teams have a grip on which players they might protect or have in danger of exposing for the NHL's Las Vegas venture. The Blackhawks have eight players with no-move clauses and the Blue Jackets six, which could necessitate buyouts this week or deals over the next year.

Edmonton Oilers GM Peter Chiarelli, who can relax with Connor McDavid exempt because he'll only have two years of pro experience, said teams

will have to think differently if they face the potential of losing a significant player. No doubt that's a reality for some, but Treiving doesn't see that flooding the market.

"That idea that now that there's expansion everybody's going to be dying to just give you players, that's not quite the case," Treiving said. "There is obviously a knowledge of what may happen, so people are trying to see if they can be aggressive or if that's going to be something in a year."

THE ASSOCIATED PRESS

IN BRIEF

Lindros to enter Hall

The debate is over. Eric Lindros will finally get his plaque in the Hockey Hall of Fame.

Passed over six times before, the long-time Philadelphia Flyers captain was announced as one of four nominees for this year's Hall of Fame induction class, joined by the late Pat Quinn, goaltender Rogie Vachon and Russian winger Sergei Makarov. THE CANADIAN PRESS

Preds forge deal with Filip

The Nashville Predators have signed forward Filip Forsberg to a six-year, \$36-million contract Monday, locking up one of their brightest young stars long term.

The 21-year-old Swede led the Predators in goals (33) and points (64) for the second straight season in 2015-16.

THE ASSOCIATED PRESS

Sens send Chiasson to Calgary for defenceman

The Ottawa Senators have dealt forward Alex Chiasson to the Calgary Flames in exchange for defenceman Patrick Sieloff.

Chiasson scored 19 goals and added 21 assists in 153 games over two seasons with the Senators.

Sieloff scored two goals, nine assists and 54 penalty minutes in 52 games with the AHL's Stockton Heat.

THE CANADIAN PRESS

+ WHO STAYS?

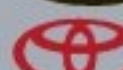
Each team will be able to protect seven forwards, three defencemen and one goaltender or eight skaters and one goaltender.

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England's latest Euro exit forced by Iceland

EURO 2016
ROUND OF 16

Little nation upsets team full of Premier League stars

Iceland pulled off one of the biggest shockers in European Championship history by beating England 2-1 in the round of 16 on Monday, continuing the astonishing run of the smallest nation at the tournament.

England slumped to its most embarrassing loss in a generation after taking the lead in the fourth minute through Wayne Rooney's penalty.

Ragnar Sigurdsson and Kolbeinn Sigthorsson took advantage of defensive shortcomings by England to put Iceland ahead by the 18th minute, and the Icelanders defended superbly in the second half to earn the biggest victory in their history and a quarter-final match against France in Saint-Denis.

"They thought that this would be a walk in the park," Sigurdsson said. "We had faith in our ability."

Iceland, a country of 330,000 people, is featuring in its first ever major tournament.

It proved to be the last match of the four-year reign of England coach Roy Hodg-



Iceland's Ragnar Sigurdsson scores past England goalkeeper Joe Hart in Nice, Monday.

PAUL ELLIS/AFP/GETTY IMAGES

MONDAY In Nice



son, whose contract was up after the tournament.

"Now is the time for someone else to oversee the progress of this young, hungry and ex-

tremely talented group of players," Hodgson said. "They have been fantastic."

ITALY 2, SPAIN 0

In, Saint-Denis, Italy ended Spain's European Championship reign, beating the two-time defending champions.

Giorgio Chiellini poked the ball into the net from close range in the 33rd minute after Spain goalkeeper David De Gea first parried Eder's free kick, then blocked Emanuele Giaccherini's follow up from the rebound.

Graziano Pelle added the

QUARTER-FINALS

THURSDAY

Poland vs. Portugal

FRIDAY

Wales vs. Belgium

SATURDAY

Germany vs. Italy

SUNDAY

France vs. Iceland

second goal in injury time.

Italy will next play Germany in the quarter-finals on Saturday in Bordeaux.

THE ASSOCIATED PRESS

SOCCER

Messi resigns after latest heartbreak

Some fans, players, and even Argentina's president want Lionel Messi to reconsider. Other supporters on Monday were simply sad that he's quitting the national team.

Messi shocked his native country with his abrupt resignation from international soccer after Chile defeated Argentina 4-2 on penalties after a 0-0 draw on Sunday.

"The national team is over for me," Messi told the Argentine network TyC Sports.

"It's been four finals, it's not meant for me. I tried. It was the thing I wanted the most, but I couldn't get it, so I think it's over."

Messi lifted Argentina's first penalty kick over the cross-

“

It pains me more than anyone not being able to be a champion with Argentina.

Lionel Messi



Lionel Messi

GETTY IMAGES

bar, setting the stage for another loss in a final. Messi and Argentina lost to Brazil in the 2007 Copa final and to Germany in extra time in the 2014 World Cup final. They lost last year's Copa final to host Chile on penalty kicks.

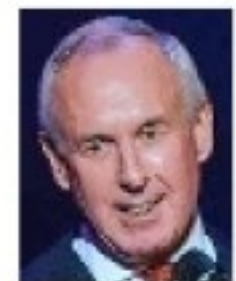
THE ASSOCIATED PRESS

HOCKEY NIGHT IN CANADA

MacLean reclaims his old hosting gig

Ron MacLean is officially back as host of Hockey Night in Canada, returning to the chair he occupied for nearly 30 years before being ousted in favour of music journalist and CBC talk show star George Stroumbouloupoulos.

MacLean will host the early game on Saturday night next season while David Amber will take the helm for the late broadcast, Sportsnet announced Monday.



Ron MacLean

GETTY IMAGES

Stroumbouloupoulos, who signed a five-year deal to host Hockey Night in Canada in 2014, is leaving "to explore new creative opportunities,"

according to a Sportsnet release. THE CANADIAN PRESS

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IN BRIEF

Raonic tops Spaniard to advance at Wimbledon

Milos Raonic advanced to the second round of Wimbledon on Monday with a 7-6 (4), 6-2, 6-4 win over Spain's Pablo Carreno Busta.

The sixth-seeded Canadian used his big serve to his advantage, firing 27 aces past Carreno Busta.

THE CANADIAN PRESS

Bryant sets record with three homers, two doubles

The Cubs' Kris Bryant became the first major-leaguer to hit three homers and two doubles in a game, leading Chicago to an 11-8 victory over the Cincinnati Reds on Monday night.

Despite surrendering five runs in five innings, Jake Arrieta improved his record to 12-2. THE ASSOCIATED PRESS

Muirfield plans another vote on female members

Muirfield intends to stage another vote on whether to admit female members after being stripped of its right to host the British Open.

The Scottish club failed in May to get the two-thirds majority required of its membership to change its policy, drawing disapproval from across golf.

THE ASSOCIATED PRESS

Hesjedal out for France

Canadian Ryder Hesjedal will not take part in this year's Tour de France.

The 35-year-old from Victoria, winner of the 2012 Giro D'Italia, was not included on the nine-man Trek-Segafredo team announced Monday.

THE CANADIAN PRESS

RECIPE Roasted Chicken and Grapes



PHOTO: MAYA VISNIEV

Ceri Marsh & Laura Keogh
For Metro Canada

Well, you didn't see that coming did you? But the sweetness of the grapes is a lovely counter-part to the rich balsamic and earthy thyme in the sauce.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

- Ingredients**
- 1 Tbsp olive oil
 - 4 chicken thighs
 - 2 shallots, sliced
 - 3 cloves of garlic, minced
 - 3 cups red seedless grapes
 - 1 cup chicken stock
 - 1 Tbsp balsamic vinegar
 - 1 Tbsp brown sugar
 - 2 Tbsp dried thyme

Directions
1. Preheat the oven to 400 F. In

a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a rack.

2. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.

3. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.

4. Serve over couscous, mashed potatoes or polenta.

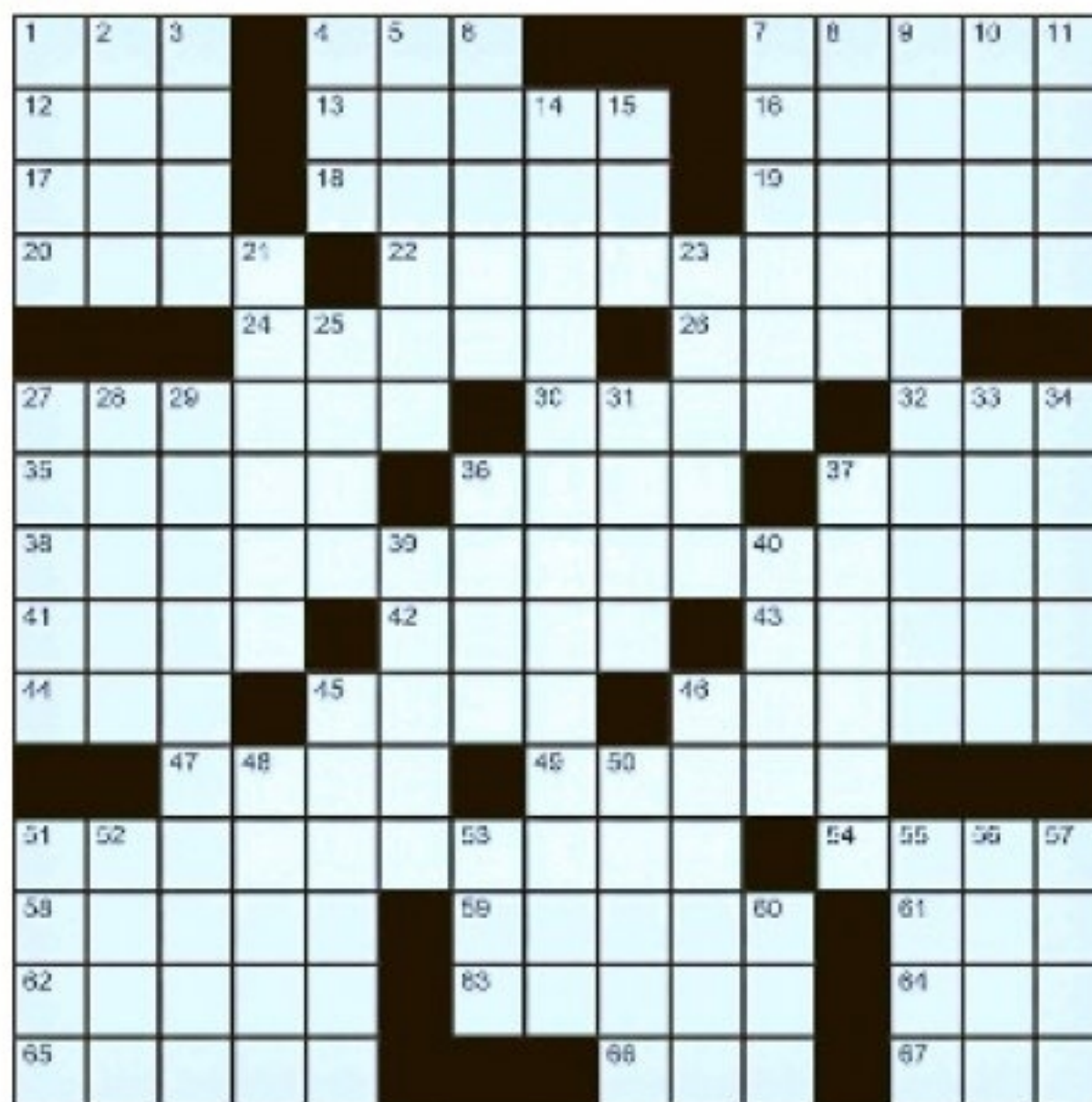
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. MLB's Cubs city
4. Red apple
7. A&E's scary show, "Motel"
12. Conned
13. "Not Ready To Go" by Canadian band The
16. Bright lizard
17. "say!" (And how!)
18. Andrea (Ill-fated luxury liner in 1956)
19. Example of a herbivorous odd-toed ungulate
20. Treble
22. Wipers
24. Norwegian playwright Henrik
26. Female octopi
27. With pleasantness
30. "Stanley &" (1990)
32. Sugar amt.
35. Ontario village called "Toronto without the Ts"
36. Rotate
37. Italian harp
38. "Lowbush" fruits produced in Eastern Canada: 2 wds.
41. Cape Breton, et al.
42. Energy units
43. Are Not, contracted
44. "sells sea-shells..."
45. BBC, fun-style
46. Rids
47. Dressed
49. House-topper rims
51. Astronaut's dreamed-of work area: 2 wds.



54. Tropical tuber
58. Workplace group
59. PC screen clickers
61. Goldie, to Kate
62. Quarried construction material
63. Red Hot Peppers

64. French pronoun
65. Hues
66. Empire State Bldg. location
67. Commonly in poems

DOWN

1. Stylish
2. Lecture lieu
3. Still
4. "be my pleasure,"
5. Groggy
6. Cliff nest
7. Get cleans
8. Once more

9. Lush wall hangings
10. Oscar-winner Mr. Jannings
11. Baby Atlantic Herring, wee-ly
14. Vacation town in Manitoba, it makes a splash!: 2 wds.
15. "Songs (Say

- So Much)" by Elton John
21. Demons
23. Glisten
25. Steve McQueen sci-fi film, "The" (1958)
27. not the time (Later is better)
28. From Dublin's country
29. Assemblage
31. BBQ servings
33. Used up
34. Histories
36. Positive
37. "You're under" (Police officer's exclamation)
39. 1970 album by The Who: "Live at"
40. Trendy = All the
45. Books: & Noble
46. Equally
48. Sierra
50. Flip (Choose by chance)
51. Depose
52. To, archaically
53. Small photograph
55. Weaponry, wee-ly
56. Skylight's location
57. Cut
60. Command to an attack dog!

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your freedom is important to you today, which is why you might be impulsive or do something others least expect. Well, that's the Aries way, isn't it? (Get used to it!)

Taurus April 21 - May 21
You feel restless today. You have that feeling that you're waiting for the other shoe to drop or something like that. Don't worry, because this feeling will be gone by tomorrow.

Gemini May 22 - June 21
A friend might surprise you by doing or saying something unusual. Or perhaps, you will meet someone who is a real character. Oh well, it's not a boring day!

Cancer June 22 - July 23
Be polite and respectful when talking to authority figures today, because you might be tempted to be just the opposite. If someone catches you off guard, don't be lippy. And don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be interrupted, delayed or canceled today. Likewise for schedules with colleges and universities. Count on it.

Virgo Aug. 24 - Sept. 23
Check your bank account and matters related to inheritances, insurance issues and shared property, because something unexpected might happen. Make sure you are on top of things.

Libra Sept. 24 - Oct. 23
A friend or partner might throw you a curveball today. Or perhaps this person will demand more freedom in the relationship. It could be anything.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted today because of computer crashes, power outages, fire drills, canceled meetings or staff shortages. Give yourself extra time so that you can cope with the unexpected.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, social events might be canceled or rescheduled — including sports.

Capricorn Dec. 22 - Jan. 20
Small appliances might break down at home today, or minor breakages could occur because something unexpected will take place at home. Perhaps someone unusual will knock on your door.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day, so pay attention to everything you say and do. However, you're also full of clever, bright, original ideas!

Pisces Feb. 20 - March 20
Watch your money and possessions today. Guard them against loss or theft. You might find money, or you might lose money. What you want to do is be aware.

CONCEPTIS SUDOKU by Dave Green

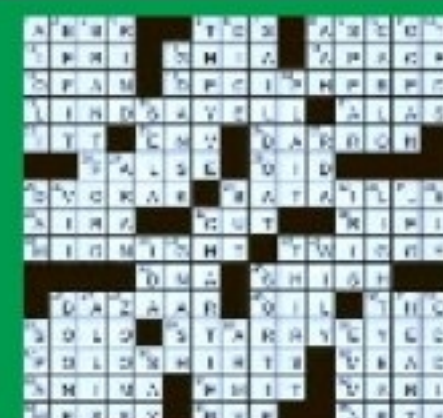
Every row, column and box contains 1-9



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